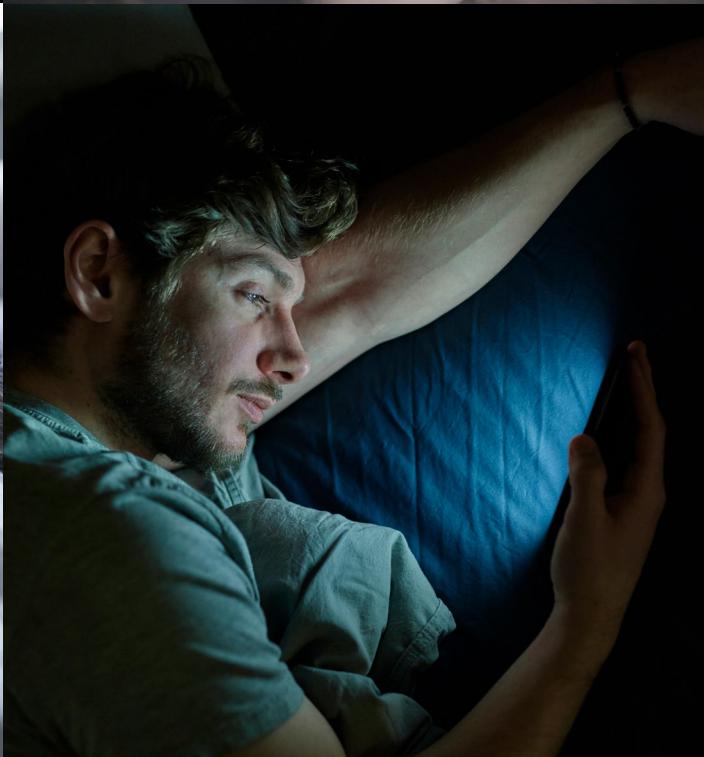




Casper | GALLUP®

The State of Sleep in America

2022 Report



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Introduction

Researchers and medical experts around the world consistently agree that when it comes to your overall health and wellbeing, **sleep matters**. Yet, Americans often compromise quality sleep for the sake of work, personal to-do lists or other factors, despite common knowledge of its importance to our health. Part of the issue may be that public conversation about sleep tends to oversimplify it by focusing narrowly on getting the recommended number of hours.

In this novel study of the state of sleep in America, Gallup and Casper find that the factors contributing to quality and health-boosting sleep are much more nuanced. The results of a nationally representative survey of more than 3,000 U.S. adults demonstrate that mental state, environmental factors, comfort *and hours* all affect sleep quality.

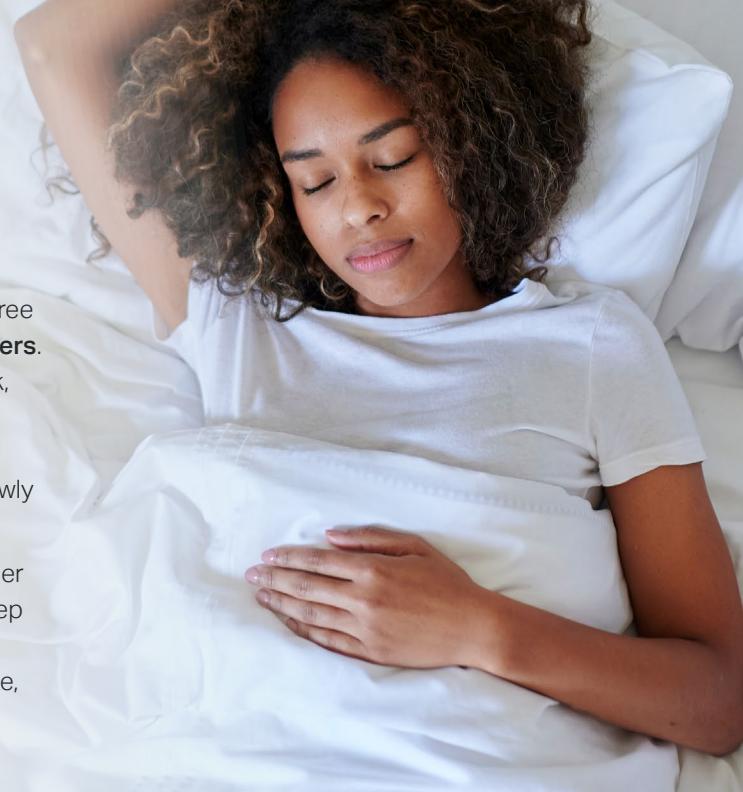


Only about one in three Americans report getting "excellent" or "very good" sleep the previous night. And equally as many report the quality of their sleep being merely "fair" or "poor."

The study shows that Americans face several barriers to high-quality sleep, with mental health as key to getting better rest. Just one in three Americans say they had "excellent" or "very good" sleep last night. **And an overwhelming 81% of Americans report that their mental activity — thinking, mind racing or feelings — has prevented them from having a good night's sleep.** The data also suggest that great sleep has a reciprocal connection to one's health and wellbeing and significantly impacts Americans' general optimism, quality of life, and contributions to their communities and the U.S. economy broadly.

The impact of exceptional sleep on Americans' lives is visceral. Great sleep the night before leads to people feeling more relaxed, energized and focused. Those with high-quality sleep report more engagement in their communities through donating and volunteering, a better mood and a more optimistic outlook on the next five years of their lives. Thus, being well-rested doesn't simply make you healthier. The evidence in this study suggests that being well-rested awakens the potential for individuals to experience their own lives more positively and positively contribute to the world around them.

What are the conditions that lead to higher-quality sleep? Compared to those who report a worse quality of sleep, those who sleep better tend to be healthier eaters, to experience more enjoyment and less stress and worry, to exercise more, to sleep longer and to have fewer physical ailments. They are also more comfortable while they sleep, with high levels of satisfaction with their mattress and good temperature control, and consistently stick to a bedtime routine. However, across all metrics, the most potent factor affecting quality of sleep is one's mental and emotional state. **This study shows that stress nearly doubles the chances of a poor night's sleep — with the highest rates of stress among America's younger adults.**



Key Findings

- 1 One in three American adults (33%) — representing about 84 million people — describe their sleep as “fair” or “poor.” Thirty-five percent report their sleep was “good” while the remaining 32% describe their sleep as “very good” or “excellent.”
- 2 Mental health is a critical component of good sleep. Those who rate their general mental health as “excellent” or “very good” are **six times more likely to get high-quality sleep** than are those who rate their mental health “fair” or “poor” (50% vs. 8%, respectively).
- 3 Young adults — under the age of 30 — struggle more with sleep **and with stress**. And their difficulties sleeping affect their daily lives — nearly seven in 10 say sleep has a direct impact on their mood, compared to three in 10 adults over the age of 65.
- 4 Over half (55%) of Americans cite getting a good night’s sleep as a “major priority” on an average weekday — prioritizing it more than many other lifestyle factors, such as spending time with family and friends (45%) or eating healthy (40%).
- 5 Women are more likely than men to say sleep is a major priority (61% vs. 48%, respectively) and report being more worried about sleep. Men are more likely than women to report they had no trouble sleeping the night prior by 10 percentage points (51% vs. 41%, respectively).
- 6 Mattress satisfaction is closely related to sleep quality. **Those who are extremely satisfied with their mattress are more than four times as likely to report high-quality sleep** compared to those who are dissatisfied with their mattress (48% vs. 11%, respectively).
- 7 The American economy loses an estimated \$44.6 billion annually in unplanned absenteeism as a result of poor sleep among workers.

The State of Sleep in America

One in three American adults (33%) — representing about 84 million people — describe their sleep the previous night as “fair” or “poor.” Thirty-five percent of Americans rate their sleep as “good” while the remaining 32% report having “very good” or “excellent” sleep last night. This pattern holds across most demographic groups including gender, racial and ethnic identity, and marital status.

Overall, how would you describe your sleep last night?

All adults

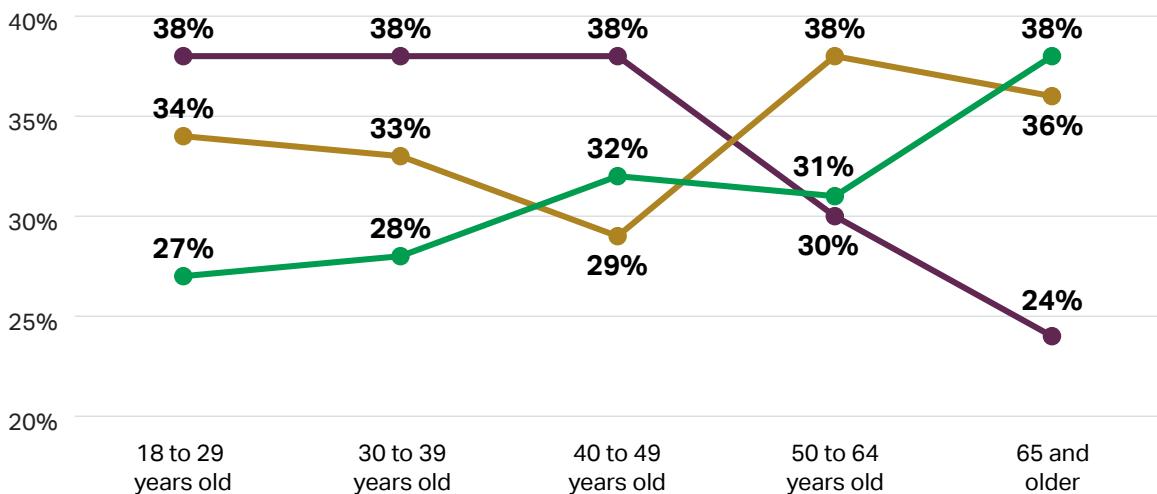


However, younger adults in the U.S. tend to report lower levels of high-quality sleep the previous night than their older counterparts. Nearly four in 10 adults under the age of 50 say their sleep last night was “fair” or “poor,” but for adults 50 to 64 this number drops to about three in 10, and it drops again to one in four who report “fair” or “poor” sleep over the age of 65.

Overall, how would you describe your sleep last night?

By age

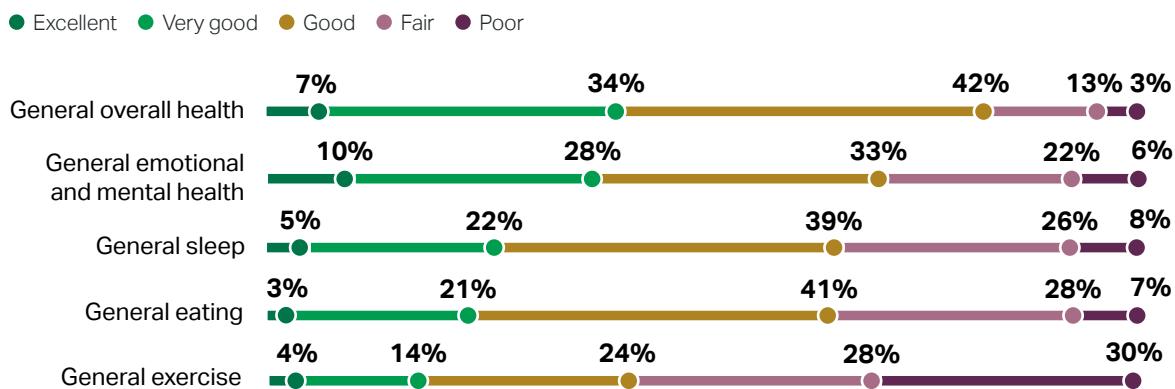
● Excellent + very good ● Good ● Fair + poor



Americans' Top Priority Is Sleep, Yet Sleep Quality Remains Low

In assessing several essential pillars of wellbeing, Americans are less likely to rate their quality of sleep "excellent" or "very good" (27%) than to give such positive ratings to their general health (41%) or emotional and mental health (38%) over the past 30 days.

Thinking about the last 30 days, how was your ... ?



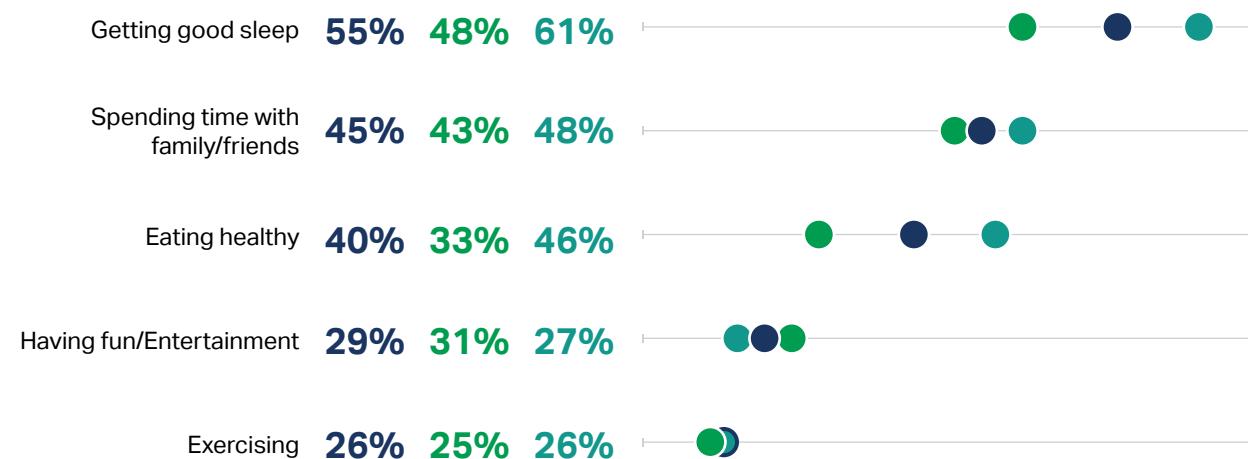
Although many Americans rate their sleep quality as fair or poor, a majority (55%) report that getting good sleep is a "major priority" on a typical weekday. Further, they are more likely to cite sleep as a priority than prioritizing other lifestyle and wellbeing factors — such as time socializing and eating healthy. **Women are more likely than men to say sleep is a major priority** (61% compared to 48%, respectively) and report being more worried about sleep — but that doesn't appear to lead to better sleep quality, as 26% of women report "excellent" or "very good" sleep in the past 30 days while 29% of men do the same.

Notably, those who make good sleep a major priority are much more likely to report "excellent" or "very good" sleep the night before (40%) compared to those who do not (21%).

On a typical weekday, is each of the following a major priority, a minor priority, or not a priority at all for you?

(% Major priority)

● All adults ● Men ● Women



Hours Aren't Everything ... But Eight Is Still the Right Target

Only 35% of Americans report getting between seven and nine hours of sleep on average over the past month.

Those with children in the household are more likely to get less than seven hours of sleep — 67% of those with at least one child in the household compared to 58% of those with no children. The common recommendation of getting eight hours of sleep is observed among the best sleepers. Those who report "excellent" or "very good" sleep in the past month mostly report between seven to nine hours of sleep while those with "fair" or "poor" sleep are more likely to report four to six hours.

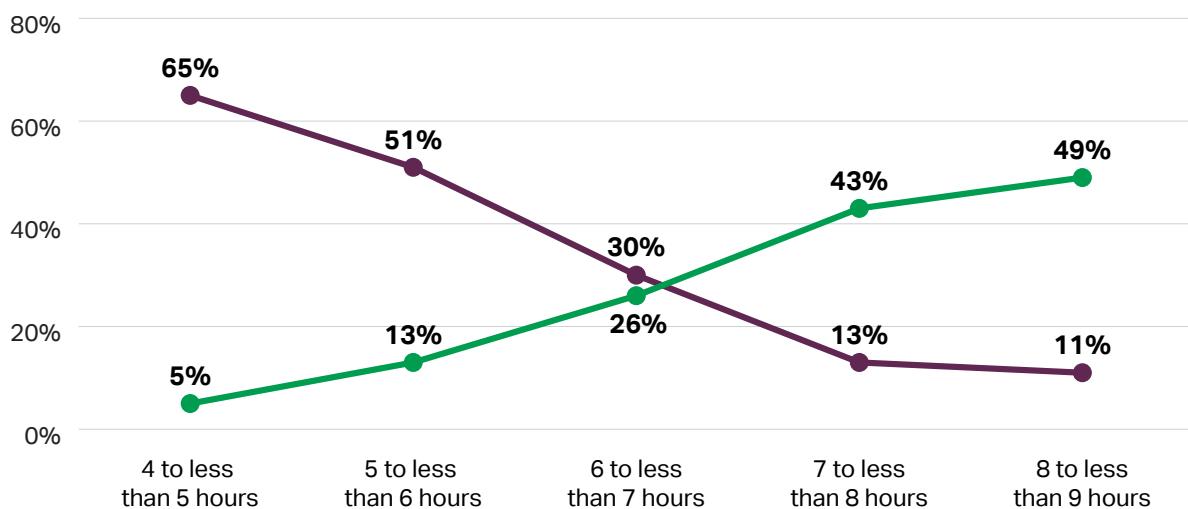


Eight to Nine Hours of Sleep Ideal Duration for Best-Quality Sleep

Those with 4 to less than 5 hours of typical sleep are **6x more likely** to have a bad night's sleep than those sleeping 8 to less than 9 hours.

Thinking about the last 30 days, how was your sleep in general?

● "Excellent" or "very good" sleep ● "Fair" or "poor" sleep



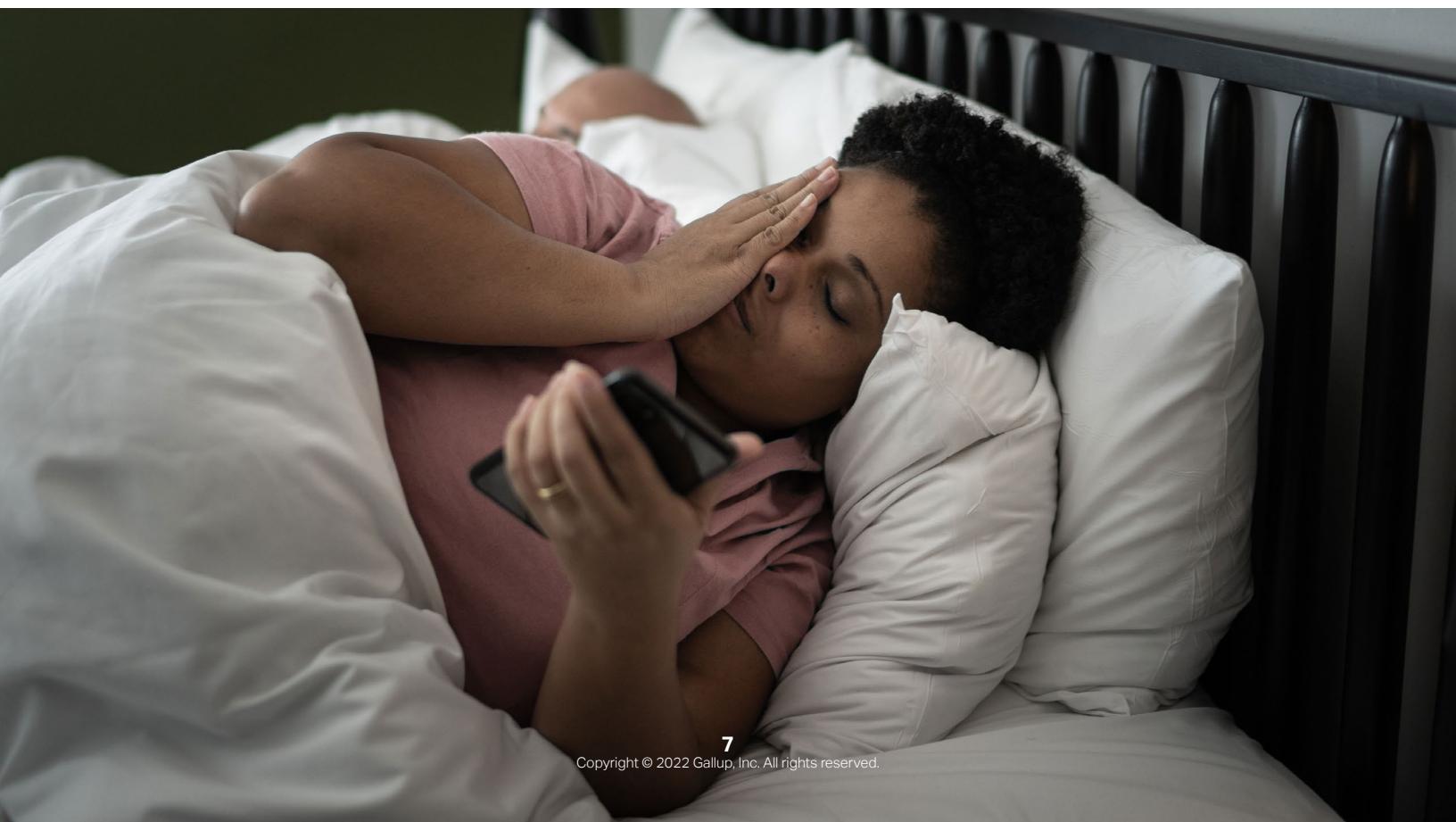
The Reciprocal Relationship Between Sleep and Wellbeing

It's clear that sleep impacts a myriad of facets of wellbeing, but this is not merely a one-way relationship, as aspects of wellbeing appear to also impact sleep. For example, **50% of Americans who rate their emotional or mental health as "excellent" or "very good" also report excellent or very good sleep** generally over the prior month — compared to just 8% of those who rate their emotional or mental health as merely "fair" or "poor."

High-quality sleep is also strongly related to Americans' evaluation of their lives overall. Among those who report "excellent" or "very good" sleep over the prior month, 84% also rate their current life satisfaction highly (seven or higher on a zero to 10 ladder scale). But that figure is cut in half to just 44% among those who generally get "poor" or "fair" sleep. Sleep is good for wellbeing, and wellbeing is good for sleep.

Suffering Poor Mental Health Is Significant Barrier to Quality Sleep

Daily experiences impact sleep quality in significant ways. **Among Americans who say they experienced stress a lot of the previous day, 45% report not sleeping well that night, a rate that is double the 23% of those who did not experience stress that day.** This finding holds when examining positive affect as well — 36% of those who experienced enjoyment a lot of the day yesterday report "excellent" or "very good" sleep that night compared to 21% of those who did not experience enjoyment. Finally, the results show that stress and worry are just as impactful on sleep as physical pain.

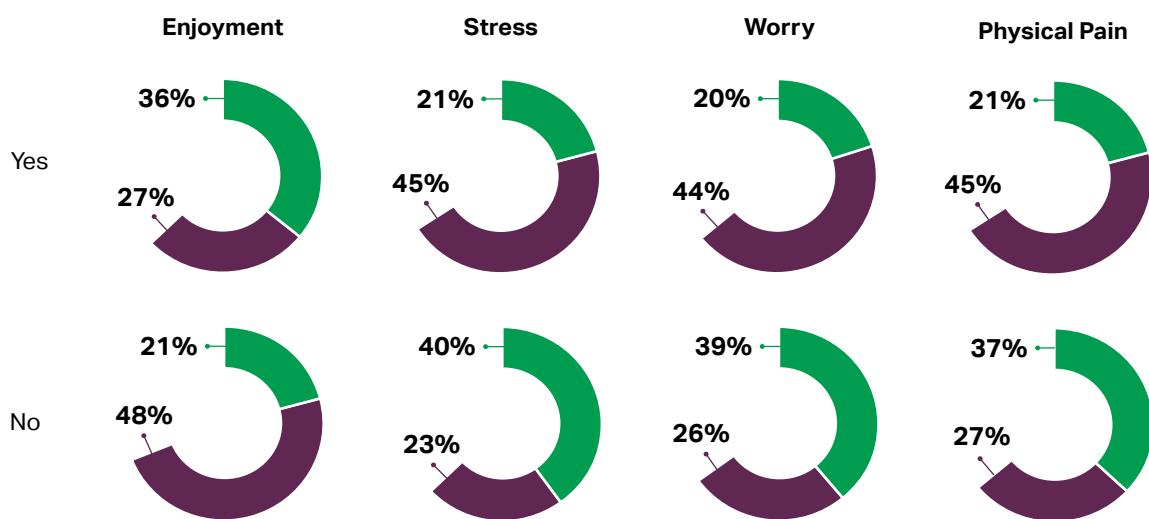


Stress Nearly Doubles the Chances of Poor-Quality Sleep

Stress and worry are just as impactful to quality sleep as physical pain.

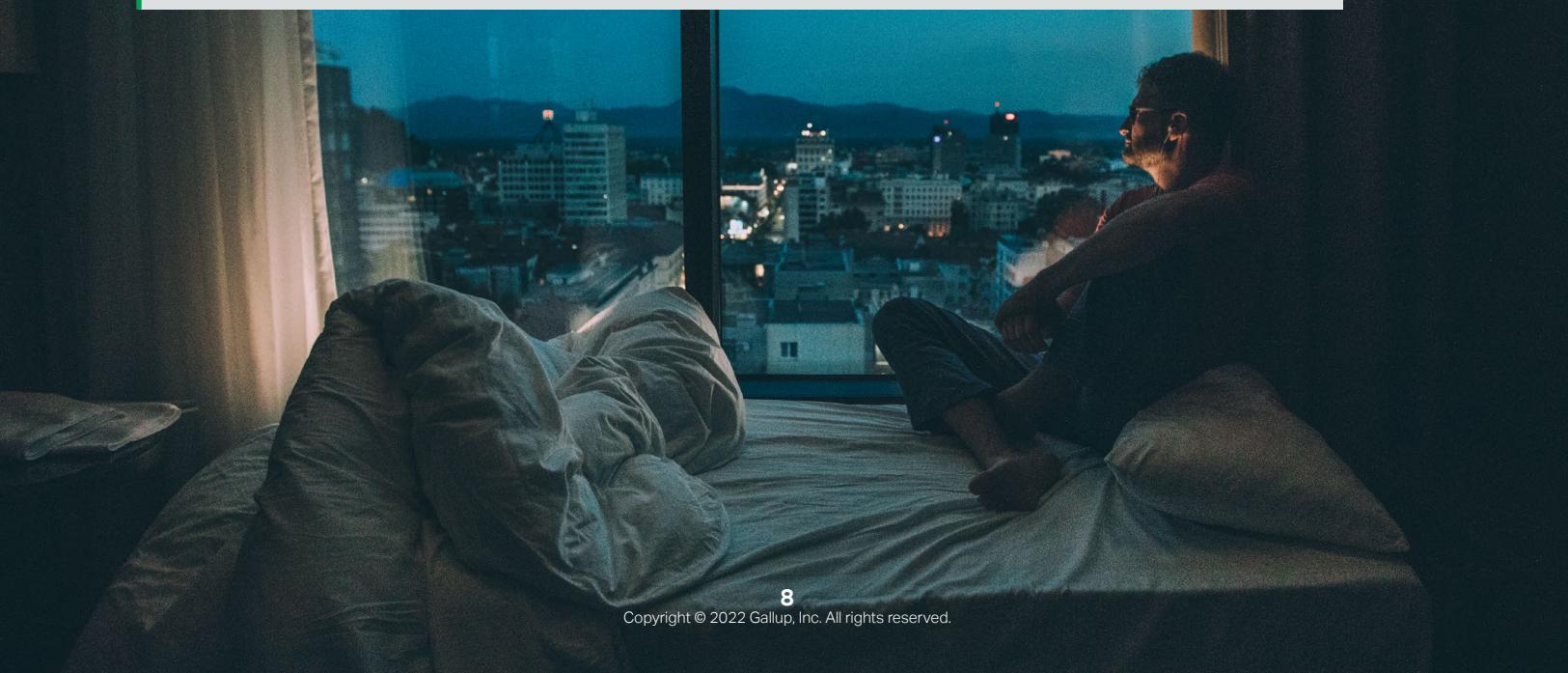
Did you experience the following during a lot of the day yesterday?

● "Excellent" or "very good" sleep last night ● "Fair" or "poor" sleep last night



Younger Adults Are Stressed and Struggle With Sleep

The data suggest that age is a key factor in the relationship between sleep and stress. Younger Americans are more likely than those in older age groups to feel stressed. **Majorities of those ages 18 to 29 (64%), 30 to 39 (57%) and 40 to 49 (52%) say they experienced stress the prior day, compared to 37% of adults ages 50 to 64 and 24% who are 65 and older.** Higher stress levels may help explain why younger adults are less likely than older adults to report a quality night's sleep, more likely to report trouble sleeping and are less satisfied with their sleep.



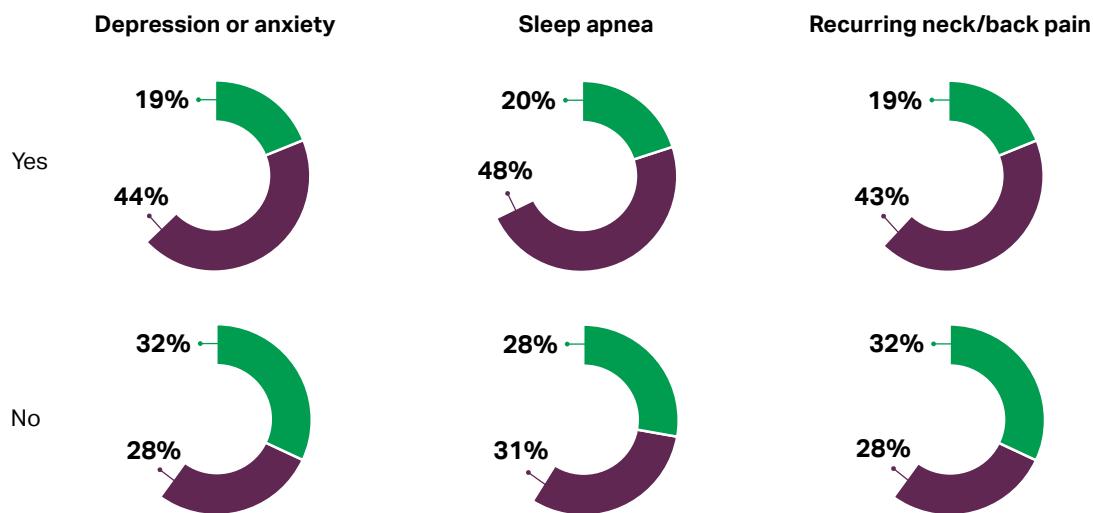
Longer-Term Health Conditions Also Inhibit Sleep

Moving from daily experiences to longer-term, clinically diagnosed conditions such as depression or anxiety, sleep apnea, and recurring pain in the neck or back are all associated with lower sleep quality, though not as intensely as daily emotions. **Adults who say they suffer from depression or anxiety, for example, are significantly more likely to experience “fair” or “poor” sleep than those who do not — 44% vs. 28%, respectively.** So, diagnosed depression and anxiety impact sleep, but not to the same degree as feeling stress and worry the day before: Stress increases the chances of a bad night’s sleep by 96% and worry increases the chances by 69%.

Depression/Anxiety Increases Chances of Poor Sleep by 57%

Depression/anxiety, sleep apnea, and recurring pain in neck or back similarly decrease likelihood of good sleep.

- “Excellent” or “very good” sleep last 30 days
- “Fair” or “poor” sleep last 30 days



Questions: Has a doctor or nurse ever told you that you have (depression or anxiety, sleep apnea)? And: In the last 30 days, have you had a neck or back condition that caused recurring pain, or not?

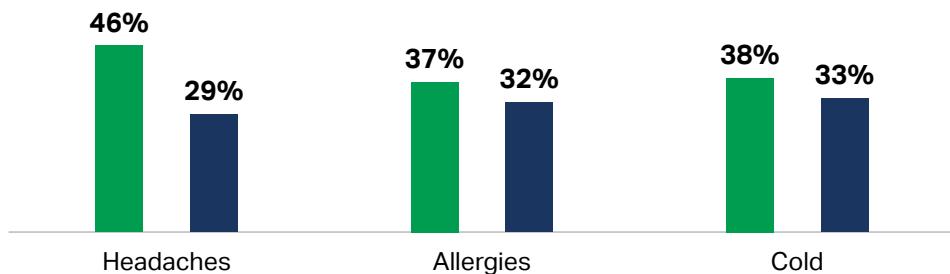
Illnesses such as colds and allergies are detrimental to sleep, but only modestly. By contrast, headaches increase Americans’ likelihood of saying they had a bad night’s sleep by more than half — 46% vs. 29%, respectively.

Headaches Increase Chances of a Bad Night’s Sleep by 59%, More Than Allergies or a Cold

Did you experience the following feelings during a lot of the day yesterday?

Percent reporting “fair” or “poor” sleep night before

- Yes, experienced illness the day prior
- No, did not experience illness the day prior



Fruits, Vegetables and Moderate Exercise Are a Recipe for Better Sleep

Taking care of your health has many known links to positive wellbeing. Exercise and sleep have complementary benefits to physical wellbeing, while healthy eating helps combat depression, a sleep killer in its own right. The results show that the number of days Americans engage in healthy eating and exercise is related to sleep quality.

Only about one-quarter (27%) of adults who report zero days of exercise (30 minutes or more) in the prior week report having “excellent” or “very good” sleep the night before. But among those who exercised five days that week, that proportion **rises to 41%**.

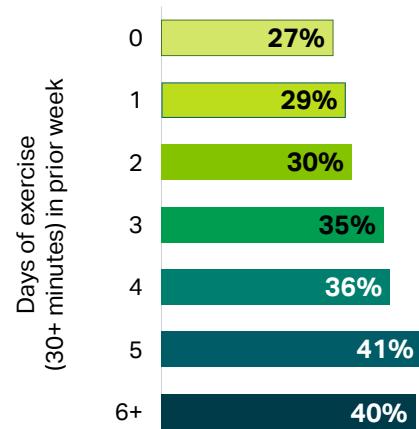
Produce consumption is also associated with a gradual improvement in sleep quality for each successive day of having at least five servings of fruits or vegetables. Unlike exercise, which peaks at five days, **the odds of experiencing high-quality sleep rise continually through six or more days of eating fruits and vegetables**.



Five or More Days of Exercise Each Week Needed to Maximize Sleep Quality

Going from zero to three days of at least 30 minutes of exercise daily improves the odds of having a great night’s sleep by 30%.

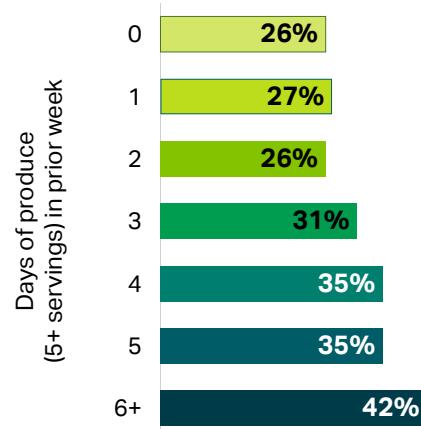
“Excellent” or “very good” sleep previous night



Eat Five Servings of Produce Each Day of the Week for the Best Possible Sleep Outcomes

Going from zero to four days eating at least five servings of produce each week improves the chances of a great night’s sleep by 35%.

“Excellent” or “very good” sleep previous night



Mental Health Affects Sleep More Than Diet and Exercise

While all facets of wellbeing — mental health, eating and exercise — are important to high-quality sleep, a side-by-side comparison of people’s general evaluation of these factors over the past 30 days reveals that the **quality of emotional and mental health is more strongly related to self-reported sleep quality** than exercise and healthy eating.

Worry About Sleep Hurts Sleep Quality



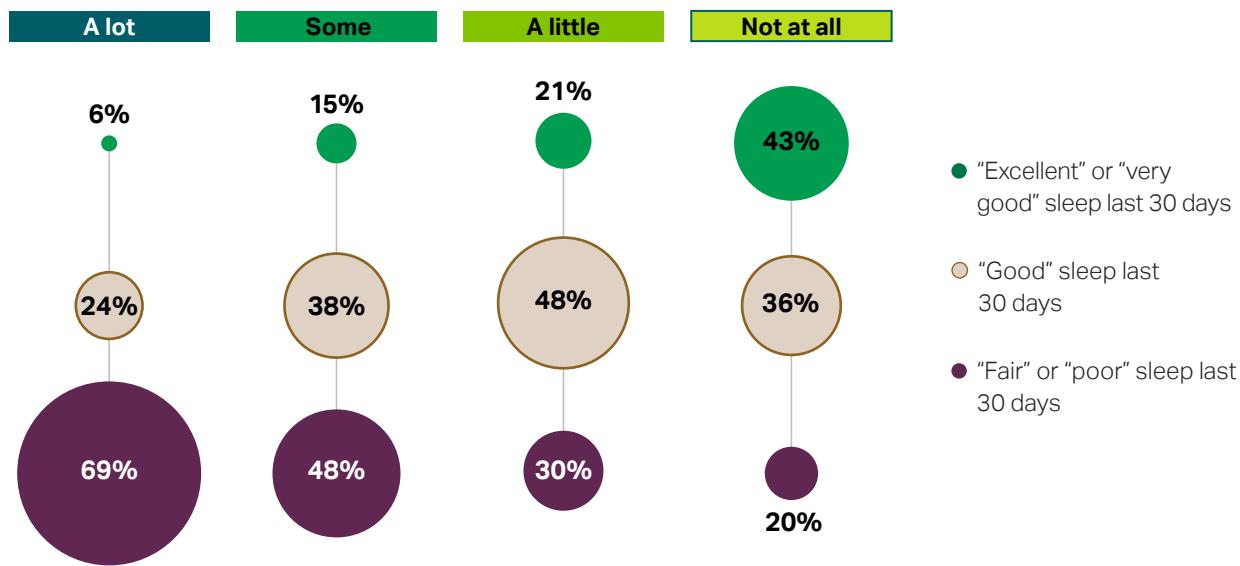
81% of Americans report that their mental activity — **thinking, mind racing or feelings** — has prevented them from having a good night's sleep.

Given the importance of high-quality sleep on one's mental state, it follows that many Americans worry *about sleep itself*. One-third of U.S. adults report that they worry "a lot" or "some" about falling asleep. Worry about sleep clearly relates to sleep quality. Strikingly, 69% of those who report having "fair" or "poor" quality sleep in the last 30 days say they worry about sleep "a lot."

Those who worry "a lot" about falling asleep are more than 3x more likely to not sleep well than those who don't worry at all.

In general, how much do you worry about your ability to fall asleep?

● A lot ● Some ● A little ● Not at all

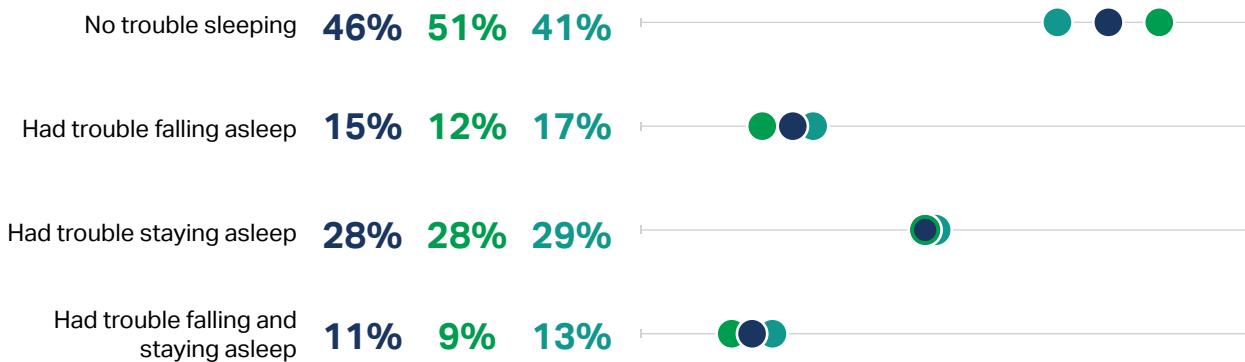


When asked about whether they had trouble falling or staying asleep, less than half of Americans — 46% — report no trouble sleeping. Rather, a majority say they had either trouble staying asleep (28%), falling asleep (15%) or both (11%). **Men are more likely than women to say they have no trouble sleeping (51% vs. 41%), with women somewhat more likely than men to report trouble falling asleep (17% to 12%, respectively).**

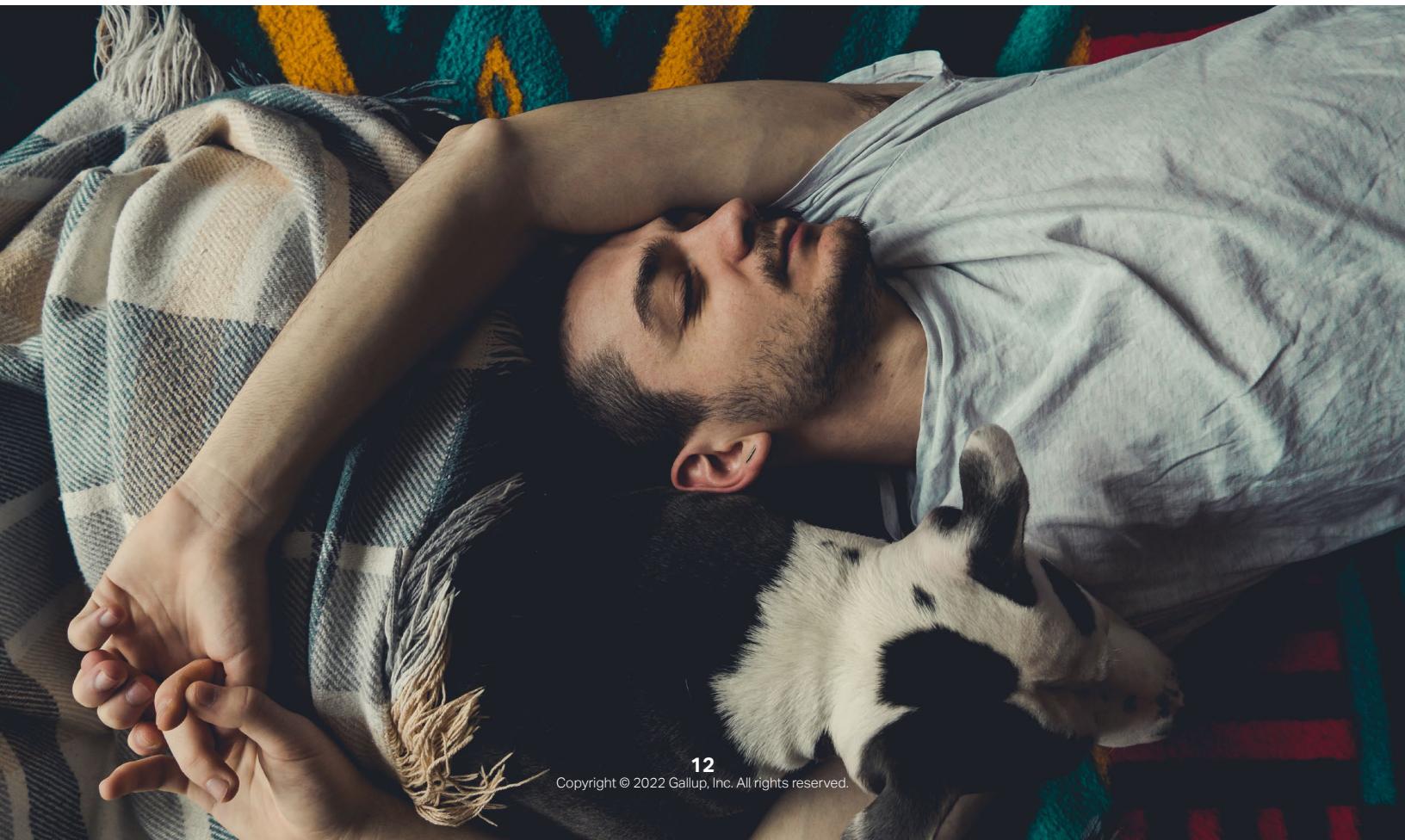
Women Are 42% More Likely to Have Trouble Falling Asleep Than Men

What best describes last night's sleep for you?

● All adults ● Men ● Women



Age also factors into trouble falling asleep, with six in 10 adults ages 18 to 29 saying they have trouble falling asleep, staying asleep or both. This figure declines with age, with about half of those 50 and older experiencing trouble with their sleep.



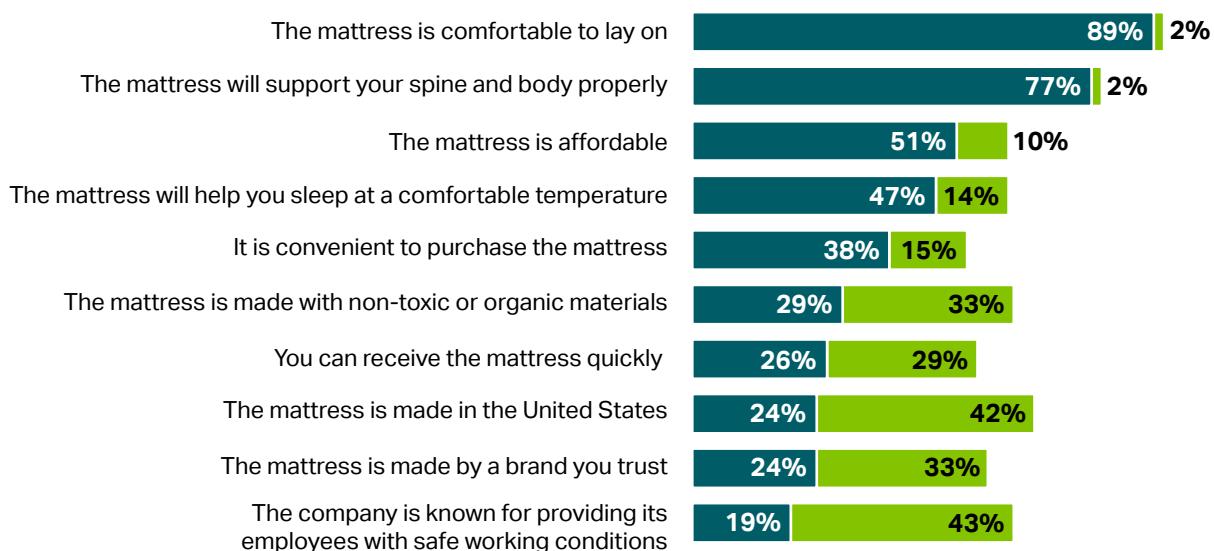
Sleep Environment and Habits

Several aspects of Americans' sleep routines and habits are impactful to sleep quality. One such factor is mattress quality: **92% of Americans who report having "excellent" sleep over the past 30 days are extremely or mostly satisfied with their mattress**, and this figure declines steadily among those who report poorer sleep quality. Only 54% of those who report poor sleep are satisfied with their mattress.

Mattress Comfort, Spine Support Most Important Factors in a Mattress

Importance of physical aspects of mattresses easily outpaces working conditions, local production.

- Extremely important ● Not very or not at all important



The physical components related to comfort and spine support trump many other factors in being extremely important to Americans in evaluating their mattress. Complaints that their mattress is too hard, lumpy or saggy are most predictive of Americans' likelihood to say they slept poorly the night before.

Sleeping on a Hard Mattress Increases Chances of a Bad Night's Sleep by 78%

Mattresses that are lumpy or saggy also create a bad night's sleep for half or more sleeping on them.

<i>Thinking of the last time you slept, how would you describe your mattress?</i>	Percent reporting "fair" or "poor" sleep night before					
	Too hard	Too soft	Correct support for spine	Lumpy	Saggy	Too hot
Describes mattress	57%	36%	28%	52%	50%	48%
Does not describe mattress	32%	33%	46%	32%	32%	33%
Increased likelihood of having a poor night's sleep	78%	9%	-39%	63%	56%	45%

Bedtime Routines Aren't Just for Kids

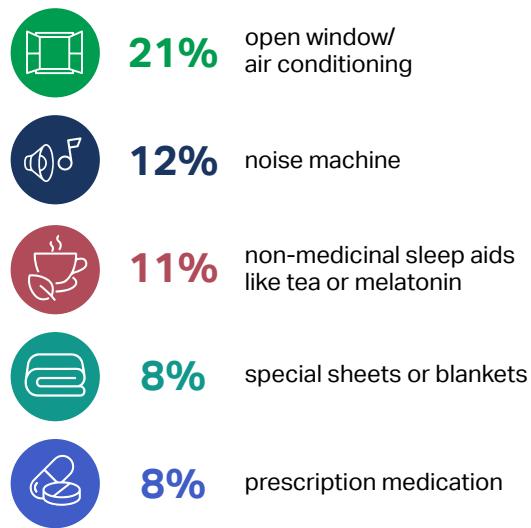
Adults who report higher levels of quality sleep are also much more likely to have, and stick to, a routine for going to bed and waking up. About two-thirds of people who report "excellent" or "very good" sleep in the past 30 days say they go to sleep at the same time every day, while more than half of "good," "fair" and "poor" sleepers do not.

Seventy-five percent of "excellent" sleepers have a specific bedtime routine they follow — 11 to 13 percentage points higher than "very good" (64%), "good" (64%) or "fair" (62%) sleepers and 20 percentage points higher than "poor" sleepers (55%). **Forty-three percent of people experiencing "excellent" sleep report following this routine seven days a week — 25 percentage points more than those with "poor" sleep.** Finally, those experiencing "excellent" sleep are significantly more likely to wake up at the same time every morning compared with those who report "poor" sleep — 67% vs. 46%, respectively.

Most Need Help Falling Asleep

More than half of U.S. adults report using some kind of sleep aid. The most-used aids are open window/air conditioning (21%), noise machine (12%), non-medicinal sleep aids like tea or melatonin (11%), and special sheets or blankets (8%). In addition, about 8% of Americans also report using prescription medication to help them sleep.

In terms of a connection between sleep aids and quality of sleep, **Americans who report worse quality of sleep are slightly more likely to use sleep aids in general than those who report "excellent" or "very good" sleep over the past 30 days.** It could be likely that sleep aids are helpful in supporting good sleep but not in isolation or without a specific intent. If a sleep aid helps target some of the more critical underlying factors contributing to sleep quality — like mental health and comfort, for example — it could be another tool Americans can use to work toward improving sleep.



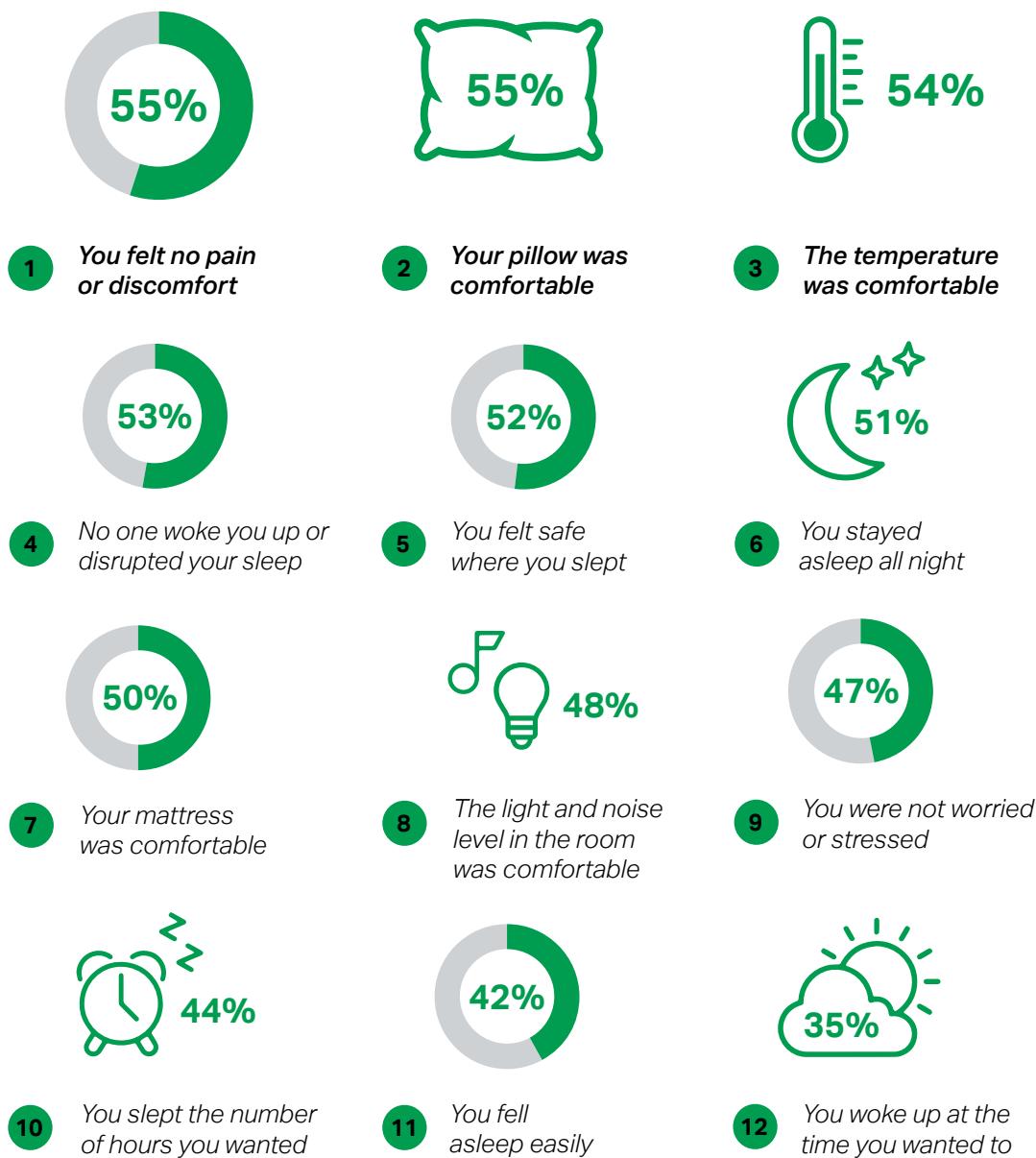
Comfort Matters Most

What do Americans feel are the most important factors in getting an excellent night's sleep?

Feeling no pain or discomfort and having a comfortable pillow top the list, with 55% saying each is "extremely important," though statistically similar percentages say the same about temperature regulation (54%) and not having anyone disrupt their sleep (53%). Comfort and temperature are also key factors when Americans are asked about what leads to poor sleep. U.S. adults report that the most recent time they had a poor night's sleep, the top reasons contributing to trouble sleeping were having to use the bathroom (42%), their physical state or discomfort (34%), and temperature (27%). Americans with a lower quality of sleep consistently report a combination of being too warm and too cold at different times throughout the night.

Think about the last time you had an excellent night's sleep. How important were the following factors in making your night of sleep "excellent" overall?

% Extremely important



The Impact of Quality Sleep

Good sleep quality is related to an array of different personal, communitarian and economic outcomes. At the individual level, nearly half of all Americans report that they believe sleep to have a “major impact” on both their mood and their general health. Almost one-third say sleep has a major impact on their exercise habits and ability to have fun, while about a quarter say it has a major impact on their family relationships and eating habits.

These perceptions about the impact of sleep on personal outcomes vary between men and women. Across all metrics, women are between nine and 14 percentage points more likely than men to say sleep has a major impact — including on their health, social relationships and work.

Half of Americans Believe Sleep Has a Major Impact on Mood

How much of an impact does your sleep have on each of the following aspects of your life?	Major impact		
	U.S. adults	Men	Women
Your mood	49%	42%	56%
Your day at work*	49%	43%	55%
Your health in general	45%	40%	49%
Your exercise	31%	26%	36%
Your ability to have fun	30%	26%	35%
Relationship with family members	26%	21%	31%
How healthy you eat	23%	17%	28%

*Results only reflecting respondents who are currently employed.

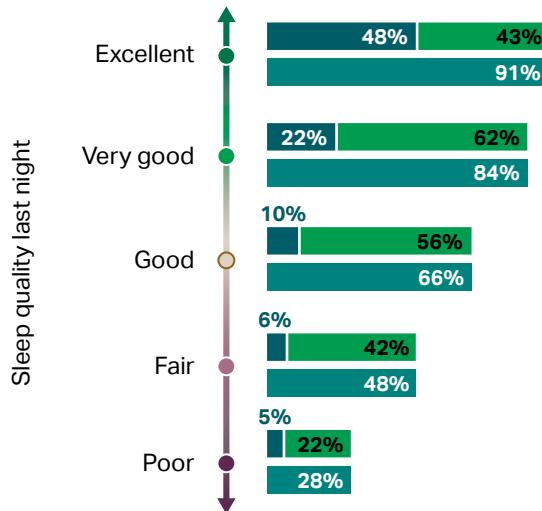
Sleep Quality Has More Impact on Younger Americans

The perceived level of impact sleep has on life outcomes also varies by age group: Adults 18 to 29 years old (68%) are more than twice as likely as those age 65 and older (31%) to say sleep has a major impact on mood. The youngest adults are also much more likely to say it majorly impacts their health (59% of those 18 to 29 compared to 31% of those 65 and older), their exercise (39% compared to 18%), their ability to have fun (46% compared to 19%), their relationships with family (33% compared to 18%) and how healthy they eat (28% compared to 16%).

The association between sleep and mood is clearly reflected in the data. People who got "excellent" or "very good" sleep the previous night overwhelmingly say that their mood upon waking was positive. High-quality sleep from the previous night was also highly correlated with feeling more relaxed, energized and focused the following day.

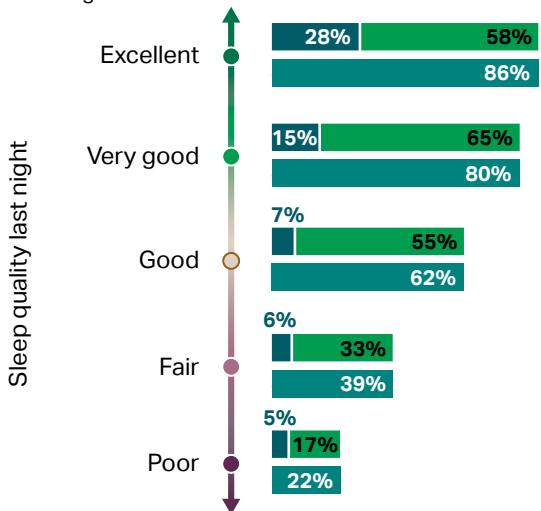
*When you woke up for good from your most recent sleep, how was your **general mood**?*

- Extremely positive
- Mostly positive
- Positive



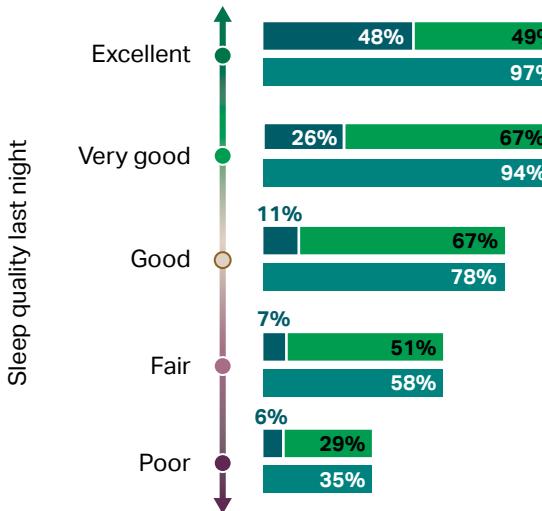
*When you woke up for good from your most recent sleep, how **energized** did you feel?*

- Extremely energized
- Mostly energized
- Energized



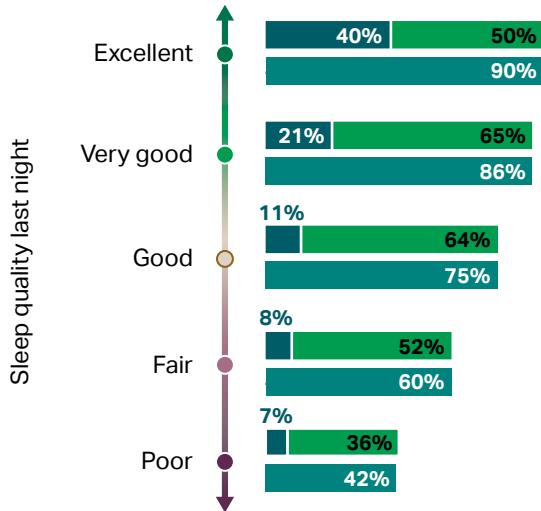
*When you woke up for good from your most recent sleep, how **relaxed** did you feel?*

- Extremely relaxed
- Mostly relaxed
- Relaxed



*When you woke up for good from your most recent sleep, how **focused** did you feel?*

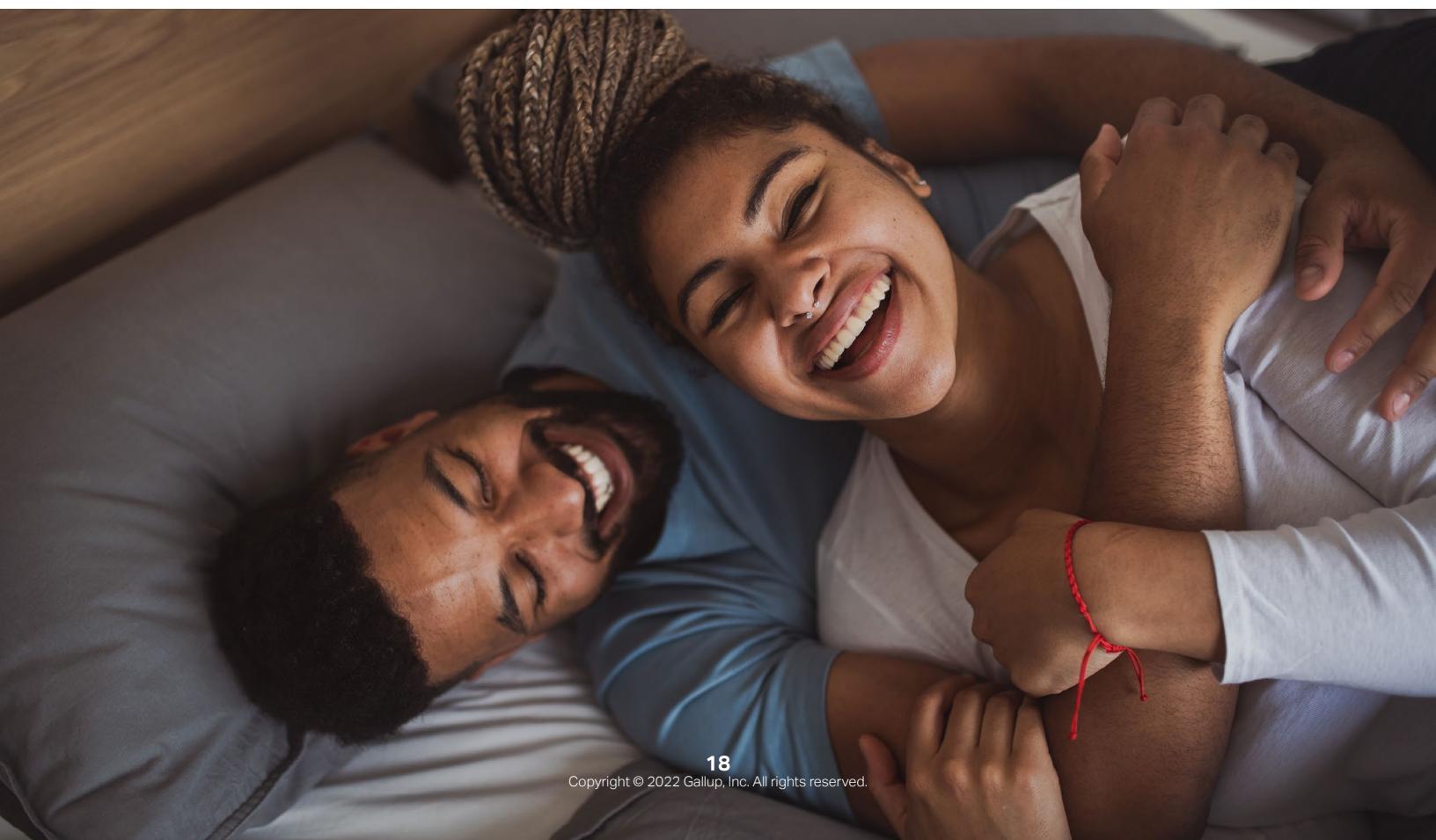
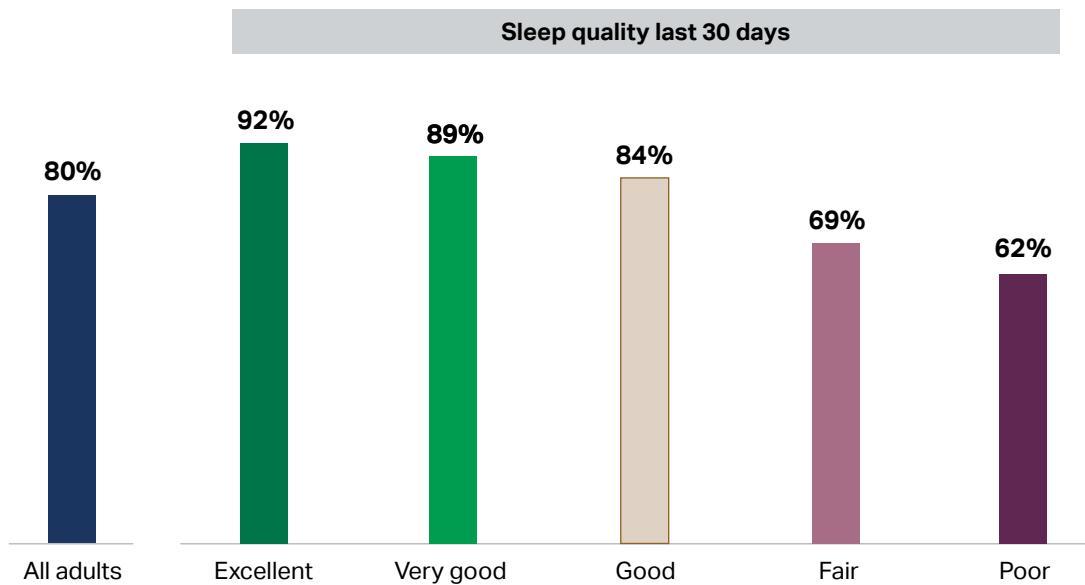
- Extremely focused
- Mostly focused
- Focused



Combined totals may vary by ±1 percentage point due to rounding.

Beyond the short-term personal impact, however, Americans who report better sleep over the past 30 days are significantly more likely than poor sleepers to have a positive outlook on where their lives will be five years from now.

Please imagine a ladder with steps numbered from zero at the bottom to 10 at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step do you think you will stand about five years from now? (% reporting 7-10, where 10 is the best possible life).



Great Sleep Awakens the Potential of Positive Community and Economic Impact

Americans who report sleeping well are also significantly more likely than those who do not to impact the world around them. **Those who say their sleep was generally "excellent" or "very good" over the past 30 days are more likely to report having donated to charity, volunteered in their communities and helped a stranger in need than those who are not getting high-quality sleep.** Quality sleep is most strongly related to volunteerism, where people experiencing "excellent" or "very good" sleep are 27% more likely to volunteer.

Good Sleepers More Likely to Charitably Give, Volunteer and Help a Stranger in Need

Volunteerism is 27% higher among "excellent" or "very good" sleepers compared to "fair" or "poor" sleepers.

Have you done any of the following in the past 12 months?	Sleep quality last 30 days		
	Excellent or very good	Good	Fair or poor
Donated to charity	77%	71%	67%
Volunteered time to an organization	42%	35%	33%
Helped a stranger who needed help	71%	65%	65%



A Poor Night's Sleep Costs U.S. Economy \$44.6 Billion Each Year

Finally, sleep quality may have a tangible impact on the U.S. economy. Those who report higher-quality sleep are less likely to skip or miss work due to poor health. Workers who typically get a poor night's sleep — estimated to be 6.2% of the U.S. workforce — report 2.29 days of unplanned absenteeism each month compared to 0.91 days for all other workers. At \$305.44 per day for the average worker, **the resulting lost productivity is estimated to cost the U.S. economy \$44.6 billion annually in unplanned absenteeism** from work after controlling for all major demographics, general health, clinical depression/anxiety, daily stress and COVID-19.¹

- Missed work days each month among poor sleepers: **2.29**
- Missed work days each month among all other workers: **0.91**

¹ Analysis based on a generalized linear regression model that computed reported absenteeism estimates after factoring in potential sleep-impacting demographic cofactors that include gender, age, annual household income, education, marital status, race and ethnicity (Hispanic/non-Hispanic). Also included were known cofactors of poor sleep and absenteeism (as well as employee engagement and employee wellbeing) such as general overall health, clinical depression/anxiety, significant daily stress and COVID-19. The analysis assumes 129.75 million full-time workers and 25.82 million part-time workers in January 2022, with an average (inflation adjusted) hourly wage of \$38.18 (Pfeffer et al., 2020). Among full-time workers, the incremental lost workdays reported by poor sleepers (representing 8,044,500 persons) is estimated to be 132,897,199. Among part-time workers (representing 1,600,840 workers), this is estimated to be 13,223,143 after reducing for part-time status.

Final Thoughts

The evidence presented in this study highlights the synergy between Americans' overall health and wellbeing and their quality of sleep. The results demonstrate that nutrition and exercise are key factors related to better sleep, but Americans' emotional and mental health stands out as being the most impactful. Experiences with stress, depression, anxiety, racing thoughts and worry about sleep itself get in the way of Americans finding a restorative night of sleep. In turn, poor sleep inhibits Americans' ability to improve their overall mental health. And rates of stress and worry relating to poor sleep are especially high among Americans under the age of 50.

These findings demonstrate that mental health and sleep are components of wellbeing that cannot be viewed in isolation. It also supports other research showing that simply getting "eight hours of sleep per day" is often not sufficient for great sleep health. In addition to hours slept, taking steps to improve our mood and feelings, our sleep environment and our level of comfort are all avenues Americans can take to improve their quality of sleep. Such efforts have important implications for individuals and communities, as those who sleep better not only enjoy better personal health and a more positive outlook on life but are also more likely to positively impact the world around them.

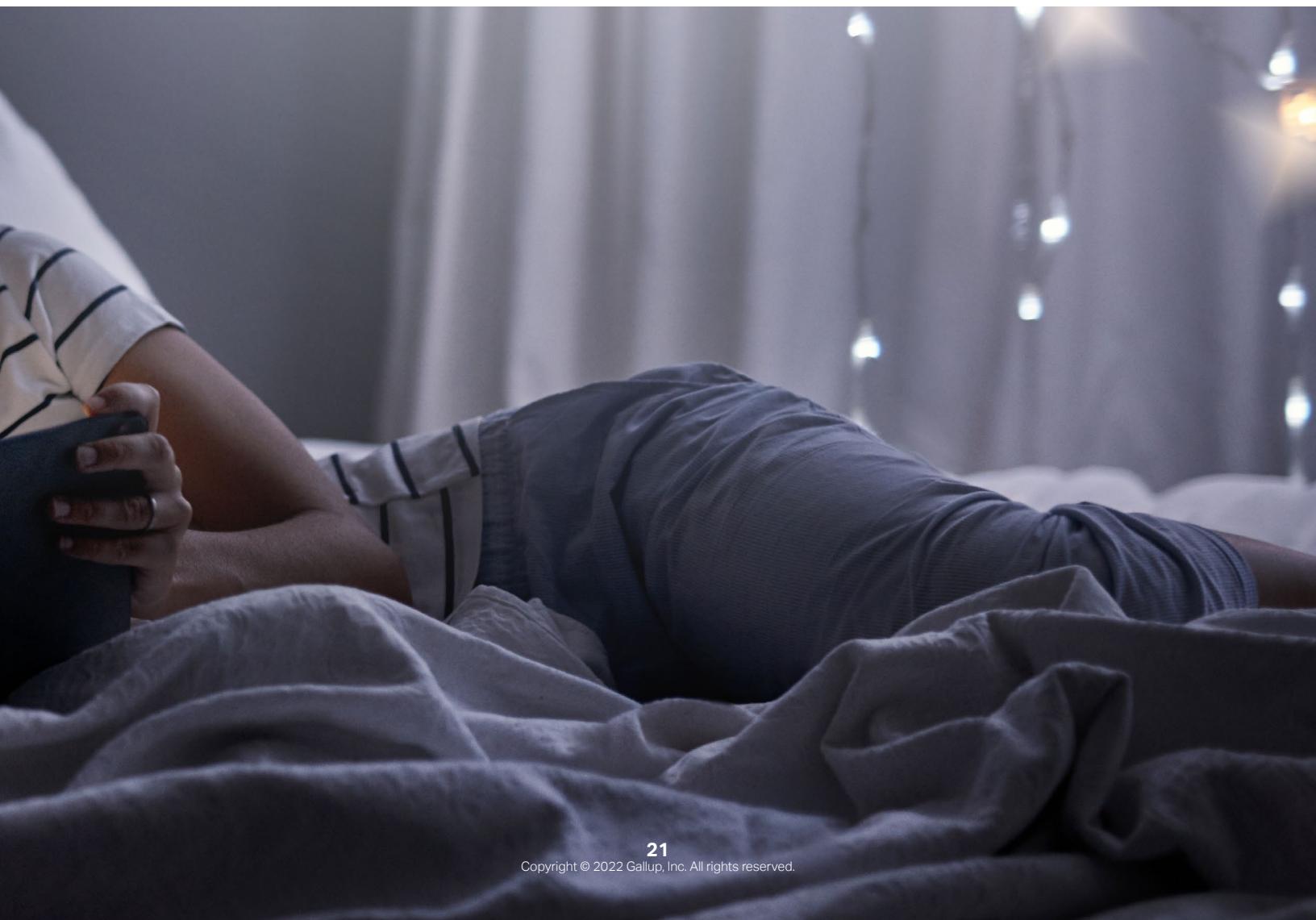


Survey Methods

Results are based on a survey conducted by web from Jan. 11 through Jan. 17, 2022, with 3,035 adults, ages 18 and older, living in all 50 U.S. states and the District of Columbia as a part of the Gallup Panel. For results based on this sample of national adults, the margin of sampling error at the 95% confidence level is ± 1.9 percentage points for response percentages around 50% and is ± 1.2 percentage points for response percentages around 10% or 90% (design effect included). For subgroups the margin of error will be larger, typically running from around ± 4 to 5 percentage points for response percentages near 50% and ± 2 to 3 percentage points for response percentages around 10% or 90%.

Gallup uses probability-based, random sampling methods to recruit its Panel members.

Gallup weighted the obtained samples to correct for nonresponse. Nonresponse adjustments were made by adjusting the sample to match the national demographics of gender, age, race, Hispanic ethnicity, education and region. Demographic weighting targets were based on the most recent Current Population Survey figures for the aged 18 and older U.S. population.



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